



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15009, Fish, carp, cooked, dry heat

Report Date: June 25, 2017 17:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 170g
Proximates						
Water	g	69.63	--	--	59.19	118.37
Energy	kcal	162	--	--	138	275
Energy	kJ	678	--	--	576	1153
Protein	g	22.86	--	--	19.43	38.86
Total lipid (fat)	g	7.17	--	--	6.09	12.19
Ash	g	1.87	--	--	1.59	3.18
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	52	--	--	44	88
Iron, Fe	mg	1.59	--	--	1.35	2.70
Magnesium, Mg	mg	38	--	--	32	65
Phosphorus, P	mg	531	--	--	451	903
Potassium, K	mg	427	--	--	363	726
Sodium, Na	mg	63	--	--	54	107
Zinc, Zn	mg	1.90	--	--	1.61	3.23
Copper, Cu	mg	0.073	--	--	0.062	0.124
Manganese, Mn	mg	0.050	--	--	0.043	0.085
Selenium, Se	µg	16.2	--	--	13.8	27.5
Vitamins						
Vitamin C, total ascorbic acid	mg	1.6	--	--	1.4	2.7
Thiamin	mg	0.140	--	--	0.119	0.238

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 170g
Riboflavin	mg	0.070	--	--	0.060	0.119
Niacin	mg	2.100	--	--	1.785	3.570
Pantothenic acid	mg	0.870	--	--	0.740	1.479
Vitamin B-6	mg	0.219	--	--	0.186	0.372
Folate, total	µg	17	--	--	14	29
Folic acid	µg	0	--	--	0	0
Folate, food	µg	17	--	--	14	29
Folate, DFE	µg	17	--	--	14	29
Vitamin B-12	µg	1.47	--	--	1.25	2.50
Vitamin A, RAE	µg	10	--	--	8	17
Retinol	µg	10	--	--	8	17
Vitamin A, IU	IU	32	--	--	27	54
Lipids						
Fatty acids, total saturated	g	1.388	--	--	1.180	2.360
14:0	g	0.146	--	--	0.124	0.248
16:0	g	0.842	--	--	0.716	1.431
18:0	g	0.237	--	--	0.201	0.403
Fatty acids, total monounsaturated	g	2.985	--	--	2.537	5.074
16:1 undifferentiated	g	0.840	--	--	0.714	1.428
18:1 undifferentiated	g	1.474	--	--	1.253	2.506
20:1	g	0.091	--	--	0.077	0.155
22:1 undifferentiated	g	0.515	--	--	0.438	0.875
Fatty acids, total polyunsaturated	g	1.835	--	--	1.560	3.119
18:2 undifferentiated	g	0.663	--	--	0.564	1.127
18:3 undifferentiated	g	0.346	--	--	0.294	0.588
18:4	g	0.074	--	--	0.063	0.126
20:4 undifferentiated	g	0.195	--	--	0.166	0.331
20:5 n-3 (EPA)	g	0.305	--	--	0.259	0.518
22:5 n-3 (DPA)	g	0.105	--	--	0.089	0.178
22:6 n-3 (DHA)	g	0.146	--	--	0.124	0.248
Cholesterol	mg	84	--	--	71	143
Amino Acids						
Tryptophan	g	0.256	--	--	0.218	0.435

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 170g
Threonine	g	1.002	--	--	0.852	1.703
Isoleucine	g	1.054	--	--	0.896	1.792
Leucine	g	1.858	--	--	1.579	3.159
Lysine	g	2.100	--	--	1.785	3.570
Methionine	g	0.677	--	--	0.575	1.151
Cystine	g	0.245	--	--	0.208	0.416
Phenylalanine	g	0.893	--	--	0.759	1.518
Tyrosine	g	0.772	--	--	0.656	1.312
Valine	g	1.178	--	--	1.001	2.003
Arginine	g	1.368	--	--	1.163	2.326
Histidine	g	0.673	--	--	0.572	1.144
Alanine	g	1.383	--	--	1.176	2.351
Aspartic acid	g	2.341	--	--	1.990	3.980
Glutamic acid	g	3.413	--	--	2.901	5.802
Glycine	g	1.097	--	--	0.932	1.865
Proline	g	0.808	--	--	0.687	1.374
Serine	g	0.933	--	--	0.793	1.586
Other						